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46. An instrument for marking a particular tissue area within a human body to identify that particular tissue area for a later diagnostic or therapeutic procedure, said instrument comprising:

at least one discrete marker element;

a marking instrument, said marking instrument comprising:

an introducer comprising:

a closed distal end;

a tube, wherein said tube comprises:

a lumen,

an axial opening at a proximal end of said tube;

a side exit port adjacent a distal end of said tube; and

a shaft moveably positioned in said lumen proximal to said marker element, wherein a proximal end of said shaft extends from said axial opening.

47. An instrument for marking a particular tissue area within a human body as recited in Claim 46, wherein said instrument includes a plurality of markers and at least one of said plurality of markers is biodegradable.

48. An instrument for marking a particular tissue area within a human body as recited in Claim 47, wherein at least one of said plurality of markers is radiopaque.

49. An instrument for marking a particular tissue area within a human body as recited in Claim 46, wherein at least one of said plurality of markers is radiopaque.

50. An instrument for marking a particular tissue area within a human body as recited in Claim 46, wherein a portion of said lumen is disposed at a distal end of said lumen adjacent a distal end of said side exit port, said portion of said lumen being positioned to guide said marker out said side exit port when compressive force is applied to said marker element by said shaft.

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51. A marker instrument comprising:
a tube comprising:
a lumen;
an axial opening at a proximal end of said tube;
a closed tip at a distal end of said tube;
a side exit port proximal to said closed tip; and
a plurality of marker elements disposed in said lumen.
52. A marker instrument, according to claim 50 further comprising a portion of said lumen connecting said lumen to said side exit port.
53. A marker instrument according to Claim 52 wherein said plurality of marker elements includes at least one biodegradable marker element.
54. A marker instrument according to Claim 53 wherein said plurality of marker elements includes at least one radiopaque marker element.
55. A marker instrument according to Claim 52 wherein said plurality of marker elements includes at least one radiopaque marker element.
56. An instrument for marking a location in tissue, said instrument comprising:
a tube, said tube including a closed pointed tip at a distal end thereof;
a side exit port through an outer surface of said tube, said side exit port being positioned adjacent a distal end of said tube, wherein said side exit port comprises an opening through a side wall of said tube, said side exit port being positioned proximal to said closed tip.
57. A marker instrument according to Claim 56 wherein said plurality of marker elements includes at least one biodegradable marker element.
58. A marker instrument according to Claim 56 wherein said plurality of marker elements includes at least one radiopaque marker element.